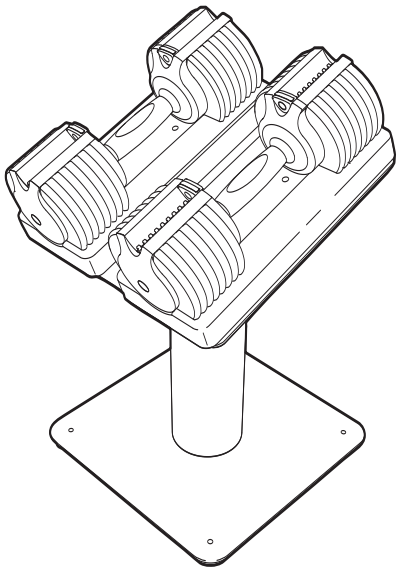
ADJUSTABLE-WEIGHT DUMBBELLS AND STAND OWNER'S GUIDE

BEFORE YOU BEGIN

Thank you for purchasing the sturdy and stylish Adjustable-weight Dumbbells and Stand. The Adjustable-weight Dumbbells and Stand will speed up your workouts, provide convenient access to your dumbbells, and keep your workout area organized. Each handle weighs 10 pounds and each weight plate weighs 2.5 pounds. Each Adjustable-weight Dumbbell handle can hold from two to sixteen weight plates in pairs.

For your safety and benefit, please read this guide before using the Adjustable-Weight Dumbbells and Stand. If you have questions after reading this guide, or if you need to order replacement parts, please call Customer Care toll-free at 1-800-288-4802, Mon.–Fri., 6 a.m.–6 p.m. Mountain Time (closed on holidays).



⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the dumbbells and stand.

1. **It is the responsibility of the owner to ensure that all users of the dumbbells and the stand are adequately informed of all precautions.**
2. **Do not place your fingers between the dumbbells and the stand.**
3. **Inspect the dumbbells and the stand regularly. Make sure that all parts are properly tightened.**
4. **Keep children under age 12 and pets away from the dumbbells and the stand.**
5. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**
6. **Place only the included dumbbells on the stand. Use the dumbbells and the stand only as described in this guide.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON Health & Fitness, Inc.
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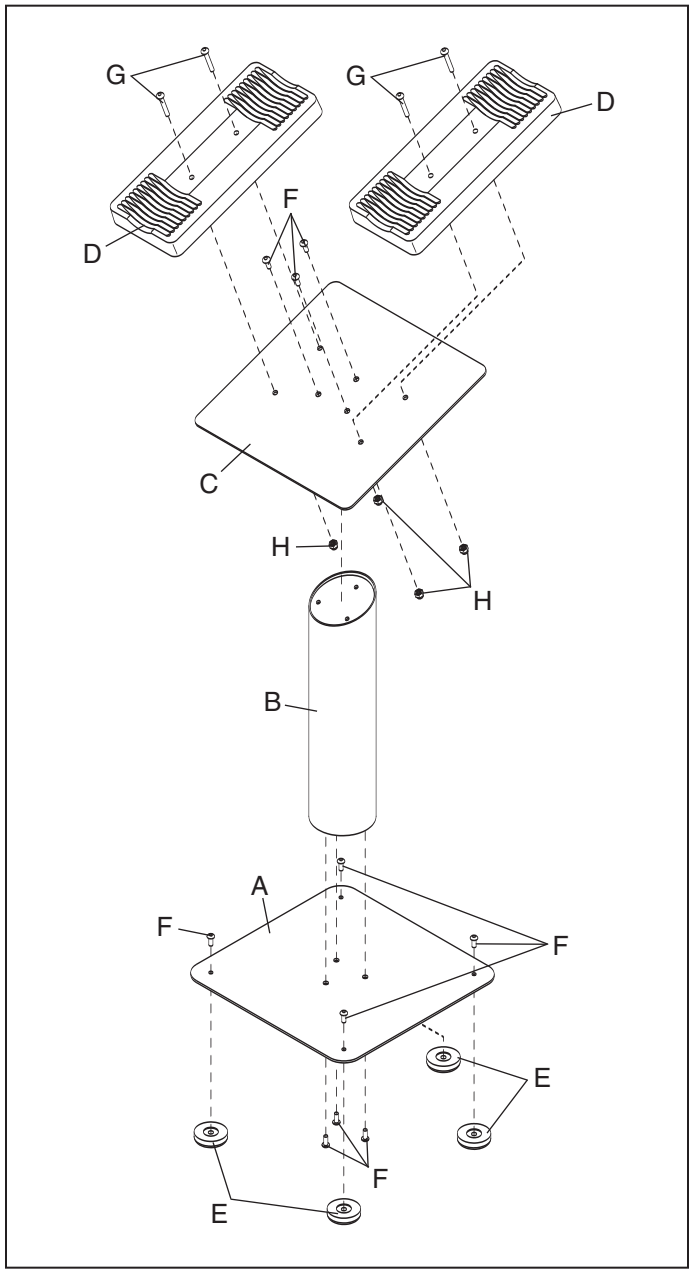
ASSEMBLY

Note: Some parts may be pre-assembled.



1. Attach the four Feet (E) to the Bottom Plate (A) with four M8 x 15mm Screws (F).

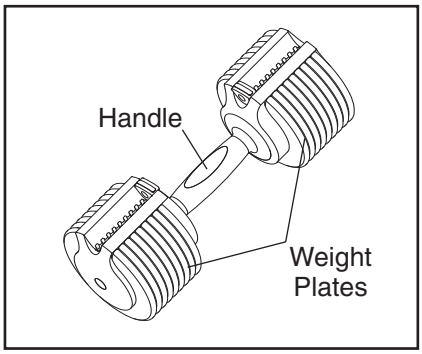
2. Attach the Upright (B) to the Bottom Plate (A) with three M8 x 15mm Screws (F).

3. Attach the two Trays (D) to the Top Plate (C) with four M8 x 40mm Bolts (G) and four M8 Nylon Locknuts (H).

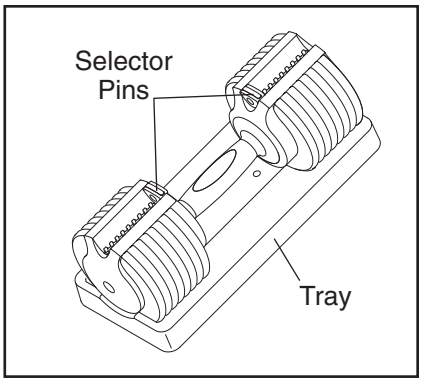
4. Attach the Top Plate (C) to the Upright (B) with three M8 x 15mm Screws (F).

HOW TO USE THE ADJUSTABLE-WEIGHT DUMBBELLS

Each handle can hold from two to sixteen weight plates in pairs. **Always attach the same number of weight plates to each side of the handle.**



To select the desired number of weight plates, first set a dumbbell on a tray as shown. Next, lift one of the selector pins, slide the selector pin to one of the adjustment holes between the weight plates, and then release the selector pin. **Rock the selector pin from side to side to make sure that it is fully inserted into an adjustment hole.** Adjust the other selector pin on the dumbbell in the same way.



To use the dumbbell, lift the dumbbell straight upward from the tray, making sure that the unattached weight plates remain in the tray.

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